

## **FAST FOOD-WHAT WILL YOU CHOOSE?**

### **POSTER BOOK EXCEL PROJECT**

1. Open the Excel Poster Book “Checklist Rubric Poster Book” and print yourself a copy. You will be completing this document in sections while you complete the project. It will become part of the final project and will be turned in.

2. Randomly select at least 2 SIMILAR fast food menu items from at least 4 different fast food restaurants. That means that you must pick out an item that EVERY store has, for example French fries. (Resources provided for McDonalds, Burger King, Wendy’s, Hardees, and Sonic)

#### **Investigate**

3. Research the four things to consider about a fast food diet. These links are found on the class webpage. For each identify which part of the nutritional label someone who is worried about (Cholesterol/Diabetes/Obesity/Sodium) should pay the closest attention to. (E.G. Someone who can’t have salt should avoid foods with a high percentage of daily sodium)

- They can lead to [Heart Disease and High Cholesterol](#) ■
- They can lead to [Heart Disease and Diabetes](#) ■
- They can lead to [Hearth Disease and Obesity](#) ■
- There is a connection between [Heart Disease and Sodium](#) (salt) ■

4. Research the 2 menu items from each of 4 fast food restaurants. Don’t forget you can use the websites provided.

#### **Design**

5. Create a table with the data found. (Include at a minimum: Cholesterol, Calories, Sugar, and Sodium.) Construct a spreadsheet using the data collected for each menu item. Make sure you include the name of the item as well as the restaurant. (5 points)

6. Insert appropriate charts/graphs to effectively display the data. You should have a chart/graph to represent each of the items. Below each graph you should have 4 statements indicating which restaurant grades out worst for the nutritional category, and how that might impact the eaters long term health. (Example: The McDonalds hash browns have more salt in them than any other restaurants. Consuming too much salt can lead to high blood pressure. Eating McDonalds hash browns can lead to high blood pressure.)

#### **Plan**

7. Create a rough draft or mock-up of the final project on white copy paper. Your mock-up should show where you will place your Table, Charts/Graphs, and text. (5 points)

### Create

8. Build an informational Data Book using a folded ½ sheet of poster board. It should look like the example (10 points)

Cover	Inside Left	Inside Right	Back Cover
<ul style="list-style-type: none"><li>• Title of Investigation</li><li>• Your Name</li></ul>	<ul style="list-style-type: none"><li>• Menu Item #1</li><li>• Chart and Title</li></ul>	<ul style="list-style-type: none"><li>• Menu Item #2</li><li>• Chart and Title</li></ul>	<ul style="list-style-type: none"><li>• Evaluation Essay</li></ul>

### Evaluate

9. Write an essay consisting of at least 3 paragraphs explaining your findings using Microsoft Word. Capitalization, punctuation, grammar and spelling will be considered in scoring. You might considering writing a paragraph about each heath concern, a paragraph about which food place you think is the least healthy (and why), and which food place you think is the most healthy (and why). (5 points)

10. Reflect on the Design Cycle used to create your Poster Book as the final product Using the Capstone Reflection. Consider your effort and learning as you completed the Poster Book. Record your thoughts in the Capstone Reflection. Place a photograph of your Poster Book and the Reflection in your Capstone Binder. (5 points)

11. Print and submit the “Checklist Rubric for Poster Book”. (5 points)

Name\_\_\_\_\_Class\_\_\_\_\_Date\_\_\_\_\_